



CHAMPIONS  
for CHANGE  
Network for a Healthy California

# Flavors



## OF MY KITCHEN





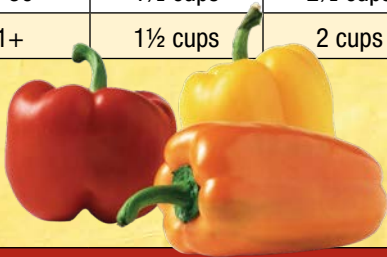
# Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your age, gender, and level of physical activity.

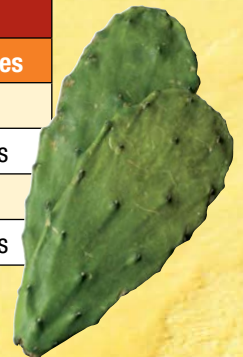


*The tables below are the recommendations for less active people. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to see the larger amounts needed by more active people.*

Women		
Age	Fruits	Vegetables
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups



Girls		
Age	Fruits	Vegetables
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups

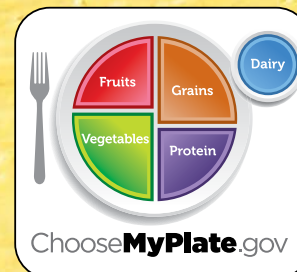


Men		
Age	Fruits	Vegetables
19-50	2 cups	3 cups
51+	2 cups	2½ cups

Boys		
Age	Fruits	Vegetables
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups

## MAKE HALF YOUR PLATE FRUITS AND VEGETABLES!

What does a cup of broccoli look like? How many baby carrots are in a cup? Even nutrition professionals don't have all these measurements memorized! So make it easy: fill half your plate with colorful fruits and vegetables at every meal.





# Chilaquiles

*Top with eggs for a tasty breakfast dish, or try it as a snack.*

**Makes 4 servings. 1 cup per serving. | Prep time:** 15 minutes | **Cook time:** 25 minutes

## **Nonstick cooking spray**

**1/3 cup chopped onion**

**3 cups chopped tomatoes**

**2 jalapeño peppers, stemmed, seeded, and finely chopped**

**2 cloves garlic, finely chopped**

**1/2 teaspoon dried oregano**

**1/2 teaspoon salt**

**8 (6-inch) corn tortillas, each cut into 6 wedges, crisped\***

**1/2 cup shredded reduced fat Cheddar and Monterey Jack (Mexican blend) or Cotija cheese**

## **Optional Topping**

**Chopped fresh cilantro**

1. Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes until lightly brown, stirring often.
2. Stir in tomatoes, peppers, garlic, oregano, and salt and cook for a few more minutes.
3. Pour mixture into a blender container, cover with a tight fitting lid, and blend until smooth.
4. Place mixture back into saucepan. Bring to a boil, and then simmer over medium heat for 5 minutes.
5. Add crisp tortillas to saucepan; cook for 2 to 3 minutes more.
6. Sprinkle with cheese then cover and let stand for a minute or so more to melt cheese.
7. Serve immediately, topped with cilantro, if you like.

*\*To crisp tortilla wedges, spray on both sides with nonstick cooking spray. Bake in a single layer at 425°F for 10 to 12 minutes or until lightly browned and crisp.*





**Nutrition  
information  
per serving:**

Calories

**180**

Carbohydrate

**29 g**

Dietary Fiber

**5 g**

Protein

**7 g**

Total Fat

**5 g**

Saturated Fat

**2 g**

Trans Fat

**0 g**

Cholesterol

**10 mg**

Sodium

**420 mg**







# Corn and Squash Sauté

*To make this flavorful side dish a whole meal,  
just add a can of drained and rinsed black beans.*

**Makes 4 servings.** *¾ cup per serving.* | **Prep time:** 10 minutes | **Cook time:** 20 minutes

- ½ **tablespoon vegetable oil**
- 1 cup chopped onion**
- 1 cup fresh or frozen corn, thawed**
- 1 cup chopped zucchini**
- 1 teaspoon dried oregano**
- ¼ **teaspoon salt**
- 2 cloves garlic, chopped**
- 1 poblano pepper, seeded and chopped**
- ¼ **cup crumbled Queso Fresco cheese**

1. In a medium nonstick skillet, heat oil over medium-high heat.
2. Add onion and cook for 10 minutes, stirring frequently.
3. Add vegetables and seasonings to skillet and cook for 8 minutes more, stirring occasionally.
4. Sprinkle with cheese and serve hot.

**tip:** Spoon into corn or whole wheat tortillas for a great meatless taco or burrito filling.





**Nutrition  
information  
per serving:**

Calories

**100**

Carbohydrate

**16 g**

Dietary Fiber

**3 g**

Protein

**3 g**

Total Fat

**3 g**

Saturated Fat

**1 g**

Trans Fat

**0 g**

Cholesterol

Less than

**5 mg**

Sodium

**170 mg**

